



Aging & Disability Resource Center
1541 Annex Road
Jefferson, WI 53549
920-674-8734

Please read through this newsletter
for newly created program
opportunities available now
at the Aging and Disability
Resource Center.

Memory Care Connections



*"Things turn out
best for those
who make the
best of the way
things turn out."
-Jack Buck*



A Dementia Care Specialist is available to provide you with a consultation to learn more about dementia and resources available throughout Jefferson County. The Dementia Care Specialist will:

- Assess your situation and discuss your concerns.
- Help you and your family understand Alzheimer's disease and related dementias and how the disease may progress over time.
- Work with you and your family on developing a plan that supports you.

- Discuss strategies, provide coping tools and problem solving skills that will help reduce stress.
- Assist you in obtaining community resources and supportive services.

Sue Konkell, our Dementia Care Specialist, can help you sort through the chaos and confusion and make things more manageable.

Please don't hesitate to call!



Sue Konkell
Dementia Care
Specialist

A **Dementia Friendly Community Program** assists communities in providing a high level of public awareness and understanding of dementia. It enables those with dementia to live independently as possible and to continue to function in their community. Four businesses in downtown Fort Atkinson are currently working to make Fort Atkinson a Dementia Friendly Community. (*Dwight Foster Library, Tuttle's Pharmacy, Humphrey's Floral & Gift, Black Hawk Senior Residence*)

Special events in Jefferson County Dementia care

Dementia Summit

August 20, 1-4
Fort Atkinson Memorial
Hospital Auditorium

All are welcome

*"To love a person is to learn
the song that is in their heart,
and to sing it to them when
they have forgotten."*

- L. Decker



1 in 8 baby boomers
will get Alzheimer's
disease after they turn
65

Memory Care Connections: Guiding you and your family through Alzheimer's and related Dementias



Caring for a spouse with Alzheimer's disease or other related dementia can be challenging without support.

Research has found that the Memory Care Connections program can reduce your stress and increase family support as you care for your loved ones living with Alzheimer's disease or other related dementia.

The goal of the Memory Care Connections program is to provide knowledge and support to people caring for their family member with dementia.

When family caregivers receive the support and services they need, the person with dementia also benefits. Programs like Memory Care Connections have been shown to be effective in delaying the need for nursing home care.

To participate, you need to:

- Be a resident of Jefferson County.
- Be open to sharing your experiences in caring for a family member.

- Attend five to seven sessions with a Memory Care Connections Consultant.
- Have at least one family member or friend participate in three to five of the sessions with you.
- Consider attending a caregiver support group.



Language Enriched Exercise Plus Socialization



LEEPS is a program that integrates language exercises, physical exercise, and social outings for people with memory loss.

This program has shown that those with mild to moderate Alzheimer's who worked the LEEPS program experienced improved physical fitness and mood.

"You cannot control the disease; you can only control your reaction to it."

~Liz Ayres

ADRC Initiative focuses on Early Detection

It is a myth that there is nothing you can do about dementia once it is diagnosed. ADRC is working to make this an important awareness available to Jefferson County residents.

All ADRC staff can now administer a memory loss screening assessment that takes only a few minutes. It is similar to a blood pressure screening. It can provide you with baseline information that staff can use to make recommendations. Early detection has many advantages:

- Rule out other possible reasons for memory issues that can be treated
- Access treatments and services that can improve symptoms and extend your independence
- Access support services reducing anxiety for yourself and your loved ones
- Opportunities to become involved in research trials
- Time to plan and accomplish things you always wanted to do
- Plan for care, living options, financial/ legal matters